

Discover how the Core Concepts of Mind Resilience Apply to 6-12 Years

Sense of Competency

1. Can begin to generalize learned skills
2. Shows patience in meeting a goal
3. Desires to be the best one can be
4. Self-Efficacy; "I Can!" attitude
5. Begins to be able to organize time

Caring & Respect of Self & Others

1. Beginning capacity for self-sacrifice
2. Can accept that life is not always fair
3. Shows concern for a bullied classmate
4. Completes chores for the benefit of the family
5. Can recognize their own strengths

Problem Solving & Coping Skills

1. Not afraid to ask for help with an assignment or task
2. Can use positive self talk to feel better
3. Healthy risk taking
4. Can make change based on other's input
5. Acts persistent; tries other ways to solve problems

Optimism & Hope for the Future

1. Laughs and shares jokes with a friend
2. Can give examples of positive outcomes
3. Involved in clubs/sports/hobbies
4. Likes to explore environment/nature
5. Enjoys school and learning

Ability to Reframe Stress

1. Open to new ideas
2. Begins to learn to manage stress
3. Able to identify alternative solutions
4. Demonstrates ability to adapt to changing situations

5. Doesn't give up even when disappointed

Sense of Purpose & Meaning

1. Shows understanding of the life cycle
2. Feels loved and has secure relationships
3. Wants to challenge self to do better
4. Participates in and values family rituals
5. Can decide between right and wrong